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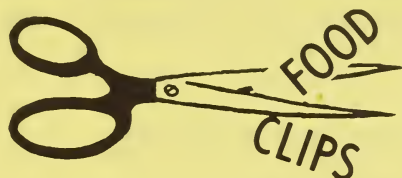




# Food and Home Notes

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---Supply and Demand

When using frozen corn-on-the-cob it should be partially thawed before cooking, so that the cob will be heated through by the time the corn is cooked. Holding corn after thawing or cooking causes sogginess, according to home economists at the U.S. Department of Agriculture.

\* \* \*

Roasted frozen corn-on-the-cob? It's easy. Just partially thaw the ears first -- then brush with melted butter or margarine -- salt and roast at 400°F (hot oven) about 20 minutes

\* \* \*

Cornmeal and hominy grits now on the market are usually enriched with thiamine, niacin, riboflavin, and iron. Calcium and vitamin D also may be added to these corn products.

\* \* \*

Cornmeal is ground corn -- white cornmeal and grits are traditional in the South; yellow cornmeal and grits are more likely to be found in the North. (These are differences in flavor as well as color in these products).

\* \* \*

## IT'S THE TIME OF YEAR

### ---For 'Eye' Buying

Colorful seed catalogs usually arrive in the mail about this time of year. And, according to the U.S. Department of Agriculture's new yearbook, "Shopper's Guide," use of them is one of the most inexpensive ways to get into gardening. Many ingenious ways to buy seeds are now being offered for flowers, vegetables and lawns.

Pre-seeded peat pellets that you can drop into water become your own "soil and pot," almost as if by magic according to the yearbook -- everything is done for you. Seed tapes are more popular than they were in the past because the pre-spaced seeds are now arranged to grow where you want them. But, you must follow the maker's directions very carefully. Seed blankets are an all-in-one series of seed tapes which you roll out like a carpet. Pelleted seeds are also widely used today.

Whatever your choice -- read the catalog and plan ahead -- spring is just around the corner!

## ON CONSERVING ENERGY---

The amount of energy used to heat water for your home should be carefully considered if you're trying to conserve energy, according to a recent report by the Cooperative Extension Service at Purdue University. Almost 15% of the energy used in the home is used to heat water, the report states.

Hot water, 140°F, is needed for best results in automatic dishwashing and laundering white and colorfast cottons and blends. Hot water is needed to assure sanitation and the best detergent action in your washer and dishwasher -- and to inhibit streaking and spotting in the dishwasher. There are ways that you can make certain that you get the most out of the water you heat -- without dropping your setting below the 140°F.

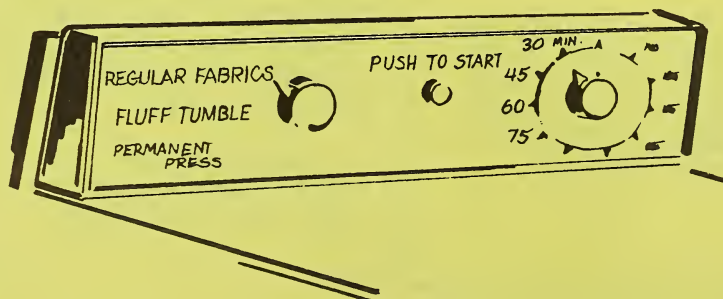
1/Change your habits and use cold water for rinsing clothes (this will affect laundry results less than cooler water for washing).

2/Stop any hot water leaks--check all outlets.

3/Insulate hot water pipes so you don't heat more water than you use.

4/Cut down on hot water for personal use such as showering instead of bathing (you can turn the water off while you're soaping...even that helps!)

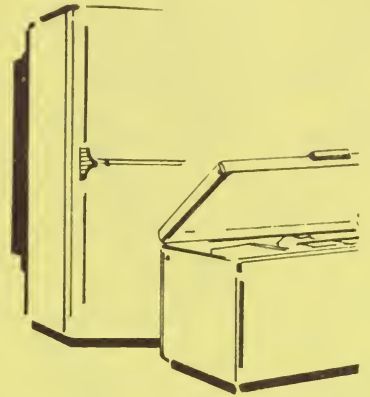
Is there a way to cut down on the use of energy by refrigerators or freezers? Yes, even here there are suggestions on cutting the energy use, in spite of the fact that the importance must be stressed that low temperature storage protects the quality and safety of many foods. Any food spoilage or waste would be considered energy waste, too, so adequate refrigeration is of great importance.





## ---LC, THE MANY WAYS!

However -- you might consider lowering the room temperature in the winter when you are adding heat to the kitchen (refrigerator-freezer) area. For example, if in cooling refrigerator air from a room at 72°F to 32°F the temperature must be lowered by 40°F...if the room temperature is reduced 6°F, the interior needs only be dropped 34°F -- a saving of about 15%.



You might also be sure to isolate the refrigerator from heat sources such as the sun, heaters, or the range. These sources make heat enter the refrigerator faster so it must run more.

"Promote proper energy exchange" which means to allow space for the condenser coils on the back of the refrigerator -- and keep coils dust free. Defrost regularly before frost is 1/4 inch thick. And, of course, try not to open the refrigerator (or freezer) door more than necessary. Make each opening count.

The refrigerator temperature should not be set higher, nor the food cooled to room temperature before refrigerating. To protect the quality and safety of foods you should refrigerate food as soon as possible.

In purchasing a new refrigerator, however, it is wise not to buy a refrigerator that is much too large because it uses extra energy, naturally, to keep the extra space cool. You should check for a good insulated box. Some refrigerators have a high-low humidity switch. Keeping the switch at "low humidity" setting (except when condensation might form around the door) may save up to \$15 in electricity costs per year.

\*Single copies of this report available to the working press direct from CES/Purdue University, West Lafayette, Indiana.

## THE WINTER OUTLOOK

## ---For Menu Planners

Take a look at the general supply and demand picture for vegetables and fruits and you may find your menu -- and your budget -- easier to organize. In spite of increased production cost on fertilizer, machinery, seed and labor, there are still some bright spots in the outlook for winter menus according to U.S. Department of Agriculture marketing specialists.

The 1974 storage supply of potatoes is at a record level. Round white potatoes (at eastern shipping points) average about 3 cents per pound wholesale, compared to 6 cents or more a year ago. Frozen potato supplies are plentiful -- up 38 percent over a year earlier.

Onion storage crop of '74 was large and is expected to easily fulfill the fresh market -- as well as the onions used in freezing, dehydrating -- through the winter months. You can plan for more sweet potatoes, use more rice, dry beans and peas too.

Processed vegetables on your menu might include sauerkraut, canned spinach, beets and sweet potatoes.

Citrus fruits -- a favorite in almost every home -- will be plentiful. Lemons and tangelos will be in good supply and there should be more than an adequate supply of frozen orange juice (3% greater supply than 1973's large supply in Florida, alone). Grapefruit production, however, is down by 8% from last year.

Other fruits you may want to consider on your menu might be cranberries, apples, pears, and grapes. You'll also find plenty of canned peaches, apple sauce and sliced apples and frozen tart cherries.

Frozen vegetable stocks are better than they were last year -- frozen carrots, peas, spinach, okra, black-eyed peas, and greens can be on your menus as well as cauliflower and broccoli.

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